



# Ghana Mountaineers



December 2022			January 2023			February 2023			March 2023		
Thu	01 Dec		Sun	01 Jan		Wed	01 Feb		Wed	01 Mar	
Fri	02 Dec	Afadzato - Wli Falls Hike VR weekend	Mon	02 Jan	Osuwangyo Traverse	Thu	02 Feb		Thu	02 Mar	
Sat	03 Dec		Tue	03 Jan		Fri	03 Feb		Fri	03 Mar	
Sun	04 Dec		Wed	04 Jan		Sat	04 Feb	3 Peaks XL ●	Sat	04 Mar	Sea-to-Summit Bike Hike Challenge
Mon	05 Dec	Thu	05 Jan		Sun	05 Feb	Sun		05 Mar		
Tue	06 Dec	Fri	06 Jan	●	Mon	06 Feb		Mon	06 Mar		
Wed	07 Dec	●	Sat	07 Jan	Climbing Day	Tue	07 Feb		Tue	07 Mar	●
Thu	08 Dec		Sun	08 Jan	Krobo Option Hike	Wed	08 Feb		Wed	08 Mar	
Fri	09 Dec		Mon	09 Jan		Thu	09 Feb		Thu	09 Mar	
Sat	10 Dec	Guide Climbing	Tue	10 Jan		Fri	10 Feb		Fri	10 Mar	
Sun	11 Dec		Wed	11 Jan		Sat	11 Feb	Bike Hike	Sat	11 Mar	Young Climbers
Mon	12 Dec		Thu	12 Jan		Sun	12 Feb	Adv. Rock Climbing Part II	Sun	12 Mar	Advanced Rock Climbing Part III
Tue	13 Dec		Fri	13 Jan		Mon	13 Feb		Mon	13 Mar	
Wed	14 Dec		Sat	14 Jan	Junior Mountaineers	Tue	14 Feb		Tue	14 Mar	
Thu	15 Dec		Sun	15 Jan	Young Climbers	Wed	15 Feb		Wed	15 Mar	
Fri	16 Dec		Mon	16 Jan		Thu	16 Feb		Thu	16 Mar	
Sat	17 Dec	Bike Hike - Suhum	Tue	17 Jan		Fri	17 Feb		Fri	17 Mar	
Sun	18 Dec	Search for Santa - Family Hike	Wed	18 Jan		Sat	18 Feb		Sat	18 Mar	Zondouh / Adaklu
Mon	19 Dec		Thu	19 Jan		Sun	19 Feb	Shai Hills Culinary Hike	Sun	19 Mar	
Tue	20 Dec		Fri	20 Jan		Mon	20 Feb		Mon	20 Mar	
Wed	21 Dec		Sat	21 Jan	Guide Training	Tue	21 Feb		Tue	21 Mar	
Thu	22 Dec		Sun	22 Jan	Adv. Rock Climbing Part I	Wed	22 Feb		Wed	22 Mar	
Fri	23 Dec		Mon	23 Jan		Thu	23 Feb		Thu	23 Mar	
Sat	24 Dec		Tue	24 Jan		Fri	24 Feb		Fri	24 Mar	
Sun	25 Dec		Wed	25 Jan		Sat	25 Feb	Junior Mountaineers	Sat	25 Mar	Junior Mountaineers
Mon	26 Dec		Thu	26 Jan		Sun	26 Feb	Young Climbers	Sun	26 Mar	Carnivore Hike
Tue	27 Dec	XMAS Climbing	Fri	27 Jan		Mon	27 Feb		Mon	27 Mar	
Wed	28 Dec		Sat	28 Jan	Camping Junior Mountaineers / Young Climbers	Tue	28 Feb		Tue	28 Mar	
Thu	29 Dec		Sun	29 Jan						Wed	29 Mar
Fri	30 Dec		Mon	30 Jan					Thu	30 Mar	
Sat	31 Dec		Tue	31 Jan					Fri	31 Mar	

Advanced Rock Climbing ( contact us on [activities@ghana-mountaineers.com](mailto:activities@ghana-mountaineers.com) for more details )

Part I: Trad Climbing Equipment, Anchor Building, Advanced Rapelling Techniques

Part II: Self Rescue and Rescue Techniques

Part III: Lead Climbing / Lead Belaying

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Or contact us by email on [activities@ghana-mountaineers.com](mailto:activities@ghana-mountaineers.com)